

UPPER GASTROINTESTINAL ENDOSCOPY

PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center**
1000A Laurel Street
San Carlos, CA
(650) 596-8800 for scheduling/after hr
(650) 596-8118 for nursing

Date and Time of Procedure: _____ **ENTER ON MORSE ST**

Arrival Time: _____

Purpose of Procedure:
To evaluate the upper gastrointestinal tract with a flexible endoscope

Preparation:

- **5 Days Before:** Stop taking any anti-diarrheals (e.g. Imodium), Plavix, warfarin, ibuprofen, naproxen, iron, aspirin in doses > 81mg
- **FASTING** - No solid food for 6 hours before procedure, no clear liquids for 2 hours before procedure. Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

Please note:

- If you are diabetic hold your oral diabetic medication on the morning of the procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on AM of procedure.
- Arrange for someone to drive you home (not Uber, Lyft, taxi or bus) and be prepared to be at the endoscopy center for 60 minutes. Enter via the side entrance on Morse. **You will not be able to drive for the remainder of the day of your procedure.**
- Please notify us **at least** one week prior to the exam if you must cancel. **NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.**
- The above procedure will result in bills from our office (Digestive Care Associates) and facility (Digestive Care Medical Center) covering costs of the doctor, nursing, medication, and any pathology specimens. We will collect up to \$300 deposit if yearly deductible has not been met.